



Aztec: 70 designs to help you de-stress (Coloring for Mindfulness)

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How can you relax when your brain is in overdrive? Inspired by Aztec patterns and motifs, the 70 intricate designs in this collection will bring you calm and relaxation. Simply reach for your coloring pencils and get started. As you concentrate on the simple action of coloring in, you will find your mind clearing and stress disappearing.

The sheets in this pad are all detachable, so you can display your favorite creations.

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